

College/University Based Services

You are not expected to figure college out by yourself. Most campuses have multiple offices specifically designed to help students succeed academically, financially, socially, and personally. The important skill is knowing **what you need and where to go for help**.

Service	What They Help With
 Tutoring & Academic Support	Free or low-cost tutoring, study groups, writing help, test preparation, and academic skills.
 Accessibility/Disability Services	Accommodations and support for students with documented disabilities, such as extended testing time, note-taking assistance, or accessible materials.
 Counseling & Mental Health Services	Short-term counseling, mental health support, crisis assistance, stress management, and referrals to community providers.
 Academic Advising	Helps students choose courses, understand degree requirements, select majors/minors, and stay on track for graduation.
 Financial Aid Office	Assistance with FAFSA, grants, scholarships, loans, work-study, and understanding college costs.
 Career Services	Resume building, interview preparation, internships, career exploration, job searches, and career fairs.
 Housing & Residence Life	Residence halls, roommate concerns, housing policies, residential programming, and support from resident assistants.
 Health Services	Basic medical care, wellness services, health education, and referrals to outside providers.
 Food & Basic Needs Support	Food pantries, meal assistance, emergency funds, clothing closets, transportation assistance, and other basic-needs resources.
 International/Multicultural Services	Support for international students and programs/resources that promote cultural inclusion and belonging.
 Student Life & Clubs	Student organizations, clubs, leadership opportunities, campus events, recreation, and ways to build community.
 Campus Safety & Advocacy	Safety resources, emergency assistance, reporting options, victim advocacy, and support related to harassment or interpersonal violence.